



## September – Mental Health and Suicide Prevention

### Message for Commanding Officers

The Department of the Navy recognizes September as Suicide Prevention Month, and the 2014 theme for this observance is “Every Sailor, Every Day.” Every day, each of us has the opportunity to encourage and support our fellow shipmates and Marines and those we lead in navigating life’s challenges. We encourage you to share the messaging below with your Sailors and Marines not only in support of suicide prevention month, but in the broader context of promoting psychological health and emotional well-being. As a leader, you are in a unique position to promote an environment free from the fear and stigma that can be associated with seeking psychological health resources. Encourage your Sailors and Marines, from the most junior to the most senior officers, to use the resources available to them. These resources include tools and programs for addressing a broad range of challenges. Assistance developing stress management skills or financial planning skills and programs that support those who struggle with alcohol use are just a few examples. There are resources to assist you in your leadership role, such as the [Navy Leader’s Guide for Managing Sailors in Distress](#) and the [Leader’s Guide for Managing Marines in Distress](#). Reaching out and accepting help is a sign of strength and ultimately enhances mission readiness.

### Message for Your Command

Serving in the Navy and Marine Corps is rewarding and a source of honor and pride for you and your families. It can also be demanding at times and presents a unique set of challenges for daily living. There are many resources available to assist you in overcoming these challenges and becoming more resilient in the process. I encourage you to seek out and use these resources when you need them. Getting the support you need is a sign of great strength and helps keep you mission ready. Seek help early before challenges seem like they are no longer manageable. I urge you to encourage one another to use positive coping strategies in managing your challenges and to access psychological health and/or stress management services from healthcare professionals at your MTF or local branch health clinic, from corpsmen, your local Fleet and Family Support Center, and [Military OneSource](#). Chaplains can also assist and provide confidential support. Peers know one another best. Support your fellow shipmates and Marines.

If you or someone you know is in crisis, please call the Military Crisis Line for confidential support at 1-800-273-TALK (8255) and Press 1, or text 838255 to get help 24/7/365.